



National Nutrient Database for Standard Reference
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Statistics Report 01227, Cheese, dry white, queso seco

Report Date: July 11, 2017 15:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	42.17	6	1.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	325	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1361	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein ¹	g	24.51	6	1.117	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) ¹	g	24.35	6	0.424	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash ¹	g	6.93	6	0.135	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Sugars, total ¹	g	0.55	6	0.199	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose ¹	g	0.25	6	0.250	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose ¹	g	0.30	6	0.085	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Minerals													
Calcium, Ca ¹	mg	661	6	53.541	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe ¹	mg	0.18	6	0.009	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg ¹	mg	27	6	2.276	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P ¹	mg	475	6	34.718	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K ¹	mg	116	6	4.445	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	1808	6	69.542	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn ¹	mg	3.28	6	0.161	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu ¹	mg	0.027	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn ¹	mg	0.018	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se ¹	µg	22.4	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamins													
Thiamin ¹	mg	0.038	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin ¹	mg	0.230	6	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin ¹	mg	0.083	6	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid ¹	mg	0.398	6	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-6 ¹	mg	0.091	6	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

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Choline, total ¹	mg	18.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine ¹	mg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 ¹	µg	1.70	6	0.113	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, RAE	µg	226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol ¹	µg	223	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta ¹	µg	33	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, alpha ¹	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta ¹	µg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene ¹	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin 1	µg	4	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) 1	mg	0.49	6	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, beta 1	mg	0.00	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma 1	mg	0.04	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta 1	mg	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin D (D2 + D3) 1	µg	1.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) 1	µg	1.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D 1	IU	73	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) 1	µg	1.5	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lipids													
Fatty acids, total saturated	g	13.718	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 1	g	0.507	6	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 1	g	0.399	6	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 1	g	0.253	6	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 1	g	0.585	6	0.020	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 1	g	0.662	6	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
14:0 1	g	2.179	6	0.078	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 1	g	0.228	6	0.009	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 1	g	6.095	6	0.154	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 1	g	0.143	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 1	g	2.593	6	0.051	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 ¹	g	0.038	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 ¹	g	0.013	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 ¹	g	0.009	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	6.418	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 ¹	g	0.167	6	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:1 ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated ¹	g	0.411	6	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c ¹	g	0.336	6	0.019	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t ¹	g	0.075	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 ¹	g	0.046	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	5.744	6	0.084	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c ¹	g	5.109	6	0.077	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t ¹	g	0.635	6	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 ¹	g	0.041	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 c ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t ¹	g	0.000	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.244	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated ¹	g	1.006	6	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c ¹	g	0.705	6	0.035	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs ¹	g	0.134	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined ¹	g	0.167	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated ¹	g	0.119	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.110	6	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-6 c,c,c ¹	g	0.009	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 ¹	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c ¹	g	0.007	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated ¹	g	0.030	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 ¹	g	0.028	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.037	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) ¹	g	0.009	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 ¹	g	0.009	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) ¹	g	0.017	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) ¹	g	0.002	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total trans	g	0.877	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.710	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol ¹	mg	78	6	2.459	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD